A healing journey

Circling, circling, circling
the darkness found
in space
so deep.
To escape
the pull
That envelopes, to devour
In seconds to infinity.
Searching,
Wading – creeping – struggling through the tortured endless night
Too close – so close
To nothingness.
Yet,
Stars abound
enduring timelessness
Circling
from the pull
of nothingness.

Then,
Two stars collide
And a million more
Are born
Shining Truth!

In despair,
I put my heart on your hand
You did not crush it.
Despairing more,
I put my heart in your hand
You did not crush it.
Despair not, you hold my heart
So tenderly..
In hope, heart tears flow
Finally. Surprisingly. Finally.
Heart tears escape from an ocean of sadness,
You do not crush it.
Now, my heart in my hand
I will not crush it.

Mary Kelly, New York, 2012